8

Friend. 1622.

A New Almanacke, and Prognoſtication,

wherein you may behold the ſtate of this preſent yeere, 1622.

Being the ſecond from the Biſſext le or Leape-yeare.

Calculated for the Latitude and Meridian, of the honorable City of London.

BY
GABRIEL FRIEND.

Fœlix qui potuit rerum cognoſcere cauſas.

LONDON:
Printed for the Company of *Stationers.*

The common Notes and moueable Feaſts, for this preſent yeare, 1622.

Old Accompt.		Forraigne Accompt.
8	The golden numb.	8
7	The Circle of the Sun.	7
28	The Epact.	18
5	The Roman Indiction.	5
F	The Dominicall letter,	E
3. March	Shroueſunday,	6. Feb.
6 March	Aſh wedneſday,	9. Feb.
21. Aprill	Eaſter day.	27. March
26. May	Rogat on ſunday	1. May
30. May	Aſcention day.	5. May
9. June	Whitſunday	15 May
1. Decem.	Aduent ſunday	27. Nouem.

Note that in the Almanacke theſe are conteined.

The beginning and ending of the Tearmes, and their returnes.

The Kallender both according to the new and old accompt,

All the feſtiuall dayes in the yéere.

The entrance of the Sunne into the 12. ſignes.

The Vigils or Faſting dayes.

The ſigne wherein the Moone moueth.

The changes, full, and quarters of the Moone.

The breake of the day, the Sun riſing and ſetting.

Huſbandly aduertiſements, with cautions for bleeding, bathing, purging, ſweating, & other conuenient notes of note.

The

The beginning and ending of the foure Tearms, for this present yeare, 1622. with their Returnes.

Hillary Tearme beginneth the 23. of **January**, and endeth the 12. of **Febuary**, and hath 4. returnes.

Octab. Hillar.	Craſt. Purif.
Quind. Hillar.	Octab. Purif.

Easter Tearme beginneth the 8. of **May**, and endeth the 3. of **June**, and hath 5. returnes.

Quind. Paſch.		Quinque Paſch.
Tres Paſch.	Menſe Paſch.	Craſt. Aſcen.

Trinity Tearme beginneth the 21. of **June**, and endeth the 10. of **July**, and hath 4. returnes.

Craſt. Trin.	Quind. Trin.
Octab. Trin.	Tres Trin.

Michaelmas Tearme beginneth the 9. of **October**, and endeth on the 28. of **November**, & hath 8. returnes.

Octab. Mich.	Craſt. Anima.
Quind. Mich.	Craſt. Martin.
Tres Mich.	Octa. Mart.
Menſe Mich.	Quind. Mart.

Note that the Exchequer openeth eight dates before any Tearme beginneth, except Trinity Tearme, in which Tearme it openeth but foure dates before.

The

The Anathomy of mans body, as the partes there-of are gouerned by the xij ſignes of the Zodiaque.

Aries head and face.

Taurus neck & throat.

Cancer breast ſtomach & ribs.

Virgo bowels & belly.

Scorpio ſecret mẽbers

Capricornus. knées.

Gemini armes & ſhoulders.

Leo heart & backe

Libra reins & loynes.

Sagitarius the thighs.

Aquarius the legges.

Pisces the féete.

Stub Land to make medowes or earable ground,
To better thy Bees a new ſeat muſt be found:
Vncouer the rootes of thy trees that beare fruit.
In hope of more plenty to be added vnto't.

i	a	New yeare day	Capr.	17	● Newmoon	11 d
ij	b	Oct. Steph.	Aquar.	0	the 1. day, at	12 e
iij	c	Oct. John.	Aquar.	12	5. a clocke at	13 f
iiij	d	Oct. Innoc.	Aquar.	25	night.	14 g
v	e	Oct. Thom.	Pisces	7		15 a
vi	f	Twelfe day.	Pisces	19		16 b
vij	g	Felicis.	Aries	1		17 c
viij	a	Lucian priest.	Aries	13		18 d
ix	b	Judoci.	Aries	25	☽ Fi ſt quar-	19 e
x	c	Sol in Aquar.	Taur.	7	ter the 9 day,	20 f
xi	d	Linas.	Taur.	20	at 3 quarters	21 g
xij	e	Archad.	Gem.	3	paſt 5. at night	22 a
xiij	f	Hilarie bish.	Gem.	15		23 b
xiiij	g	Felicis.	Gem	28	○ Full moon	24 c
xv	a	Mauric. abb.	Canc.	12	the 17. day, at	25 d
xvi	b	Marcelli.	Canc.	25	7. a clock in	26 e
xvij	c	Sulp. Bish.	Leo	9	the morning.	27 f
xviij	d	Prisce virg.	Leo	24		28 g
xix	e	Wolstan bish	Virg.	8		29 a
xx	f	Fabian mar.	Virgo	23		30 b
xxi	g	Agnes virg.	Libra	7	☾ Laſt quar-	31 c
xxij	a	Vincenti.	Libra	22	ter 23. day, at	1 d
xxiij	b	Tearme beg.	Scorp.	6	10 a clock at	2 e
xxiiij	c	Timothy.	Scorp.	21	night.	3 f
xxv	d	Con. of Paul.	Sagit.	5		4 g
xxvi	e	Polycarp.	Sagit.	18		5 a
xxvij	f	Julian.	Capri.	1	● New moon	6 b
xxviij	g	Ignatij.	Capri.	14	the 31. day,	7 c
xxix	a	Valerius.	Capri.	27	halfe an houre	8 d
xxx	b	Batild quen.	Aquar.	9	after 9. in the	9 e
xxxi	c	Saturnus.	Aquar.	21	morning.	10 f

February hath xxviij. dayes.

Pare Mosse and vaine branches from fruit trees away,
Set Roses, plant quick-sets when Moone doth decay :
Pricke Peason and Beanes if garden be dry,
At change of the Moone, and in beautifull skye.

i	d	Bridget.	Pisces 3		11	g
ij	e	Purif. of Ma.	Pisces. 15		12	a
iij	f	Blase bish.	Pisces. 27		13	b
iiij	g	Gilbert con.	Aries. 9		14	c
v	a	Agathy.	Aries. 21		15	d
vi	b	Vedasti.	Taur. 3		16	e
vij	c	Angul.	Taur. 15		17	f
viij	d	Peculile.	Taur. 27	☽ First quar-	18	g
ix	e	Solin Pisces.	Gem. 10	ter the 8. day,	19	a
x	f	Scholastice.	Gem. 23	halfe an houre	20	b
xi	g	Eufrace. virg	Cancer 6	after one in	21	c
xij	a	Tearme ends.	Cance. 20	the afternoon	22	d
xiij	b	Wolfran.	Leo. 4		23	e
xiiij	c	Valentine.	Leo. 18	○ Full Moon	24	f
xv	d	Faustine.	Virgo. 2	the xv. day.	25	g
xvi	e	Julian.	Virgo 17	3 quarters af-	26	a
xvij	f	Policarp bish	Libra. 2	ter 4 in the	27	b
xviij	g	Simonis.	Libra. 17	afternoone.	28	c
xix	a	Nat. Prin. Hen.	Scorp. 2		1	d
xx	b	Mildred.	Scorp 16		2	e
xxi	c	69. Martirs.	Sagit. 1		3	f
xxij	d	Peters chair	Sagit. 15	☾ Last quar-	4	g
xxiij	e	Policarp.	Sagit. 28	ter the xxij.	5	a
xxiiij	f	Mathias Ap.	Capr. 11	day, halfe an	6	b
xxv	g		Capr. 24	houre after 7.	7	c
xxvi	a	Inuen. of Pa	Aqur. 6	in the morne.	8	d
xxvij	b	Fortunat.	Aqur. 19		9	e
xxviij	c	Augustine.	Pisces 1		10	f

Set Pumpeons and Citurels, March counſelleth ſo,
With Roſemary, Rew, Sage and many hearbs moe:
Cloſe couer the rootes of the trees thou mad'ſt bare,
And cariage for compoſt let next be thy care.

i	d	Dauid biſh.	Piſces. 2		11	g
ii	e	Chadd.	Piſces. 24	● New moon	12	a
iii	f	Shroue ſund.	Aries. 7	the 2. day, half	13	b
iiii	g	Adrian.	Aries. 18	an houre after	14	c
v	a	Focas.	Aries. 29	3. in the morn	15	d
vi	b	Aſhwedneſda.	Taur. 11		16	e
vii	c	Perpetue.	Taur. 23		17	f
viii	d	Ember weke	Gemin 6	) Firſt quar-	18	g
ix	e	Apolline.	Gemin 18	ter the 10. day	19	a
x	f	Agapite virg.	Cancer. 1	half an houre	20	b
xi	g	Sol in Aries.	Canc 14	after 6. in the	21	c
xii	a	Gregory.	Canc. 28	morning.	22	d
xiii	b	Theodorus.	Leo. 12		23	e
xiiii	c	Petri. mar.	Leo. 26		24	f
xv	d	Longine.	Virgo 11	● Full moone	25	g
xvi	e	Hillarie.	Virgo. 26	the 17. day,	26	a
xvii	f	Patrici. biſh	Libra 11	neare 2 aclock	27	b
xviii	g	Edwardking.	Libra. 26	in the morne.	28	c
xix	a	Joſeph.	Scorp. 11		29	d
xx	b	Cuthbert.	Scorp 25		30	e
xxi	c	Benedicite.	Sagit. 10	(Laſt quar=	31	f
xxii	d	Afrodiſe.	Sagit 24	ter the 23. day	1	g
xxiii	e	Theod. faſt	Capri 7	3. quarters	2	a
xxiiii	f	Inuin. Iacobi.	Capri. 20	after 7. at	3	b
xxv	g	Ph. et Iacob.	Aquar. 3	night.	4	c
xxvi	a	Caſtor. mart.	Aquar 16		5	d
xxvii	b	Martian.	Aqnar. 28	● New moon	6	e
xxviii	c	Dorothy.	Piſces 10	the 31. day, at	7	f
xxix	d	Victori.	Piſces 22	8 a cloche at	8	g
xxx	e	Quirine.	Aries 3	night.	9	a
xxxi	f	Adelme biſh.	Aries 15		10	b

In land that is ſtubborne in tilling and tough,
Your Barley this moneth may be ſow'd well inough:
Your Garden with good ſeeds ſee well that you fraught,
And ſow Hemp and Flaxe now, elſe all will proue naught.

i	g	Theodorus.	Aries	27		11	c
ii	a	Mary Egypt	Taur.	8		12	d
iii	b	Richard bish.	Taur.	20		13	e
iiii	c	Ambroſe.	Gem.	2		14	f
v	d	Marcian.	Gem.	14	☽ Firſt quar-	15	g
vi	e	Sixtus.	Gem.	27	ter the 8. day,	16	a
vii	f	Euphemia.	Canc.	10	nèr 7. a clock	17	b
viii	g	Egeſippus.	Canc.	23	at night.	18	c
ix	a	Perpetue.	Leo	6		19	d
x	b	700. Virgins.	Leo	20		20	e
xi	c	Sol in Taurus.	Virgo	5	● Full moon	21	f
xii	d	Iulius.	Virgo	19	the 15. day. 3.	22	g
xiii	e	Eufemi virg.	Libra	4	quarters after	13	a
xiiii	f	Tiburt.	Libra	19	10. in the mor-	24	b
xv	g	Oſwald.	Scorp.	4	ning.	25	c
xvi	a	Iſidore.	Scorp.	19		26	d
xvii	b	Olmund.	Sagit.	4		27	e
xviii	c	Eluthertus.	Sagit.	18		28	f
xix	d	Alphage.	Capri.	2		29	g
xx	e	Victor. faſt	Capri.	16	☽ Laſt quar-	30	a
xxi	f	Eaſter day.	Capri.	29	ter the 22. day	1	b
xxii	g	Hother.	Aquar.	12	nèr 10. in the	2	c
xxiii	a	S. George.	Aquar.	24	morning.	3	d
xxiiii	b	Wilfred.	Pisces	7		4	e
xxv	c	Marke Euan	Pisces	19		5	f
xxvi	d	Clete.	Aries	1		6	g
xxvii	e	Anaſtatius.	Aries	12		7	a
xxviii	f	Victalis.	Aries	24	● New moon	8	b
xxix	g	Peter.	Taur.	6	the 30 day, a	9	c
xxx	a	Erkenwald.	Taur.	18	quarter after	10	d
					one at noone.		

Of Leeks, Onyons, Purſelan, who faine would haue ſtore,
Muſt now play the Husband if neuer before:
Set Cowcumbers alſo to eate with thy meate,
But ſtirre well thy fallow for Rye and for Wheat.

i	b	Philip bar.	Gem.	0		11	c
ij	c	Athanaſius.	Gem.	12		12	f
iij	d	Hellen.	Gem.	24		13	g
iiij	e	Chriſtopher.	Canc.	6		14	a
v	f	Gothard.	Canc.	19	☽ Firſt quar-	15	b
vi	g	Iohn port lat.	Leo	2	ter the 8. day,	16	c
vij	a	Iohn Beuer.	Leo	16	after 3. in the	17	d
viij	b	Tearme beg.	Virgo	0	morning.	18	e
ix	c	Nicho. tranſ.	Virgo	14		19	f
x	d	Gordian.	Virgo	29		20	g
xi	e	Sol in Gemini.	Libra	13		21	a
xij	f	Nereus biſh.	Libra	28		22	b
xiij	g	Serua.	Scorp.	13	● Full moon	23	c
xiiij	a	Bonifacius.	Scorp.	28	the 14 day,	24	d
xv	b	Iſidorus.	Sagit.	12	neere 7. at	25	e
xvi	c	Vrſenbane.	Sagit	26	night.	26	f
xvij	d	Bernard.	Capr.	10		27	g
xviij	e	Diaſkor.	Capr.	24	☾ Laſt quar-	28	a
xix	f	Dunſtan.	Aquar.	7	ter 22. day,	29	b
xx	g	Barnardine.	Aquar.	20	halfe an houre	30	c
xxi	a	Hellen queen.	Piſces	2	after one in	31	d
xxij	b	Iulian Virg.	Piſces	15	the morning.	1	e
xxiij	c	Deſiderl.	Piſces	27		2	f
xxiiij	d	Francis tran.	Aries	9		3	g
xxv	e	Vrbane.	Aries	21		4	a
xxvi	f	Rogat. fund.	Taur.	3		5	b
xxvij	g	German biſh	Taur.	15	● Newmoon	6	c
xxviij	a	Corons mar.	Taur.	27	the 30. day,	7	d
xxix	b		Gem.	9	neare one a	8	e
xxx	c	Aſcention day	Gem.	21	clocke in the	9	f
xxxi	d	Petronell.	Cancer	3	morning.	10	g

Now Teames would be trudging for dung to beare out,
And fuell be talde and brought home from about:
Your sithes and such trinkets as serue for to mow,
Prepare, and cut meadowes that lye somewhat low.

i	e	Nathomede.	Canc. 16		11	a
ii	f	Marcellne.	Canc. 29		12	b
iii	g	Cearms ends	Leo 12		13	c
iiii	a	Petrosi.	Leo 26		14	d
v	b	Boniface.	Virgo 10	☽ First quar=	15	e
vi	c	Melones.	Virgo 24	ter the 6. day,	16	f
vii	d	Wolstan.	Libra. 9	3. quarters	17	g
viii	e	Medard. fast	Libra. 23	after 10. in the	18	a
ix	f	Whitsunds.	Scorp. 8	morning.	19	b
x	g	Getuly.	Scorp 23		20	c
xi	a	Barnaby.	Sagit. 7		21	d
xii	b	Sol in Cancer.	Sagit 21		22	e
xiii	c	Anthony.	Capri. 5	○ Full moon	23	f
xiiii	d	Ember week.	Capri. 18	the 13. day,	24	g
xv	e	Vite & mode.	Aquar. 2	a quarter af=	25	a
xvi	f	Trinity Lond.	Aquar. 15	ter 3. in the	26	b
xvii	g	Botulph.	Aquar. 27	morning.	27	c
xviii	a	Mary e mait	Piles. 10		28	d
xix	b	Nat. Rex Iac.	Piles. 22		29	e
xx	c	Edward tran.	Aries. 4	☾ Last quar=	30	f
xxi	d	Cearm: ends	Aries 17	ter the 20. day	1	g
xxii	e	Albany.	Aries 29	halfe an houre	2	a
xxiii	f	Etheld. fast	Taur. 11	past 5. in the	3	b
xxiiii	g	John Bap.	Taur. 23	eueming.	4	c
xxv	a	Eligii tranf.	Gem. 5		5	d
xxvi	b	Joh. & Paul.	Gem. 18		6	e
xxvii	c	Cresentius.	Canc. 0	● New moon	7	f
xxviii	d	Leo. bish. fast	Canc. 13	the 28. day,	8	g
xxix	e	Peter apo.	Canc. 26	neere 4. after	9	a
xxx	f	Com. of Pau.	Leo 9	noone.	10	b

High pastures preserued for plenty of Hay,
Are growne now on ground that downe they must lay:
If Summer proue kindely to heaten and dry,
Set Sickles on worke ere Iuly passe by.

i	g	Octa. Iohn.	Leo	23		11	c
ii	a	Visit. of Ma.	Virgo.	7		12	d
iii	b	Tran. Thom.	Virgo.	21		13	e
iiii	c	Hildrich.	Libra	5		14	f
v	d	Foe virg.	Libra	29	☽ First quar-	15	g
vi	e	Oct. Petri.	Scorp.	4	ter the 5. day,	16	a
vii	f	Tran. Tho.	Scorp.	18	neere 3. a clock	17	b
viii	g	Grimbald.	Sagit.	3	in the after-	18	c
ix	a	Heritig.	Sagit.	17	noone.	19	d
x	b	Translatio	Capr.	1		20	e
xi	c	Benedict.	Capr.	14	○ Full moone	21	f
xii	d	Nabor. & Fel.	Capr.	27	the 12. day,	22	g
xiii	e	Sol in Leo.	Aqua.	10	3. quarters	23	a
xiiii	f	Vena vent.	Aqua.	23	after one a	24	b
xv	g	Swithin.	Pisces	5	clock at noon.	25	c
xvi	a	Osm. transl.	Pisces	18		26	d
xvii	b	Alexij.	Aries	0		27	e
xviii	c	Arnolph.	Aries	12	☾ Last quar-	28	f
xix	d	Mag. day beg.	Aries	24	ter the 20 day,	29	g
xx	e	Margaret.	Taur.	6	at a 11. of the	30	a
xxi	f	Praxide.	Taur.	18	clocke in the	31	b
xxii	g	Mary Mag.	Gem.	1	morning.	1	c
xxiii	a	Apollinus.	Gem.	13		2	d
xxiiii	b	Christi. fair	Gem.	26		3	e
xxv	c	Iames Apost	Can.	9		4	f
xxvi	d	Anne.	Can.	22	● New moon	5	g
xxvii	e	7. Sleepers.	Leo.	5	the 28. day,	6	a
xxviii	f	Sampson.	Leo.	19	neare 2. a	7	b
xxix	g	Martha.	Virgo	2	clocke in the	8	c
xxx	a	Abdon.	Virgo	17	morning.	9	d
xxxi	b	Germaine.	Libra	1		10	e

The fruits ripe in Sommer make speed now to pull,
With Wheat and Rye likewise, to fill thy Barnes full:
Oates looke now for cutting, downe with them amaine,
And for Wheat and Rye be stirring againe.

i	c	Vincula pet.	Libra	16		11	f
ii	d	Steph. pape.	Scor.	0		12	g
iii	e	Inuent steph.	Scor.	15	☽ First quar=	13	a
iiii	f	Iustine.	Scor.	29	ter the 3. day,	14	b
v	g	Dowries con	Sagit.	13	3 quarters af=	15	c
vi	a	Sixtus pape.	Sagit	27	ter 7. at night.	16	d
vii	b	Donat. bish.	Capr.	11		17	e
viii	c	Cyriact.	Capr.	24		18	f
ix	d	Roman bish	Aquar.	7	○ Full moon	19	g
x	e	Lauren. mar.	Aquar.	19	the 11. day, at	20	a
xi	f	Tiburtio mar.	Pisces	2	2. a cloche in	21	b
xii	g	Clare virg.	Pisces	14	the morning.	22	c
xiij	a	Sol in Virgo.	Pisces	16		23	d
xiiii	b	Eusebius.	Aries	8		24	e
xv	c	Assump. mar.	Aries	20		25	f
xvi	d	Rochi.	Taur.	2		26	g
xvii	e	Oct. Laur.	Taur.	14	☾ Last quar=	27	a
xviii	f	Agapite.	Taur.	26	ter the 19. day,	28	b
xix	g	Magni mar.	Gem.	8	a quarter af=	29	c
xx	a	Lewis bish.	Gem.	21	ter 4 in the	30	d
xxi	b	Barnard.	Canc.	4	morning.	31	e
xxii	c	Oct. Mary.	Canc.	17		1	f
xxiii	d	Timothy. Fait	Leo	0		2	g
xxiiii	e	Barthol. Ap.	Leo	13		3	a
xxv	f	Ludouicie.	Leo	27		4	b
xxvi	g	Seuerine.	Virgo	11	● New moon	5	c
xxvii	a	Rufi. mar.	Virgo	26	the 26. day,	6	d
xxviii	b	Dog day end.	Libra	11	neare high	7	e
xxix	c	John behead.	Libra	25	noone.	8	f
xxx	d	Felicis virg.	Scorp.	10		9	g
xxxi	e	Cutberge.	Scorp.	25		10	a

With Beanes, Peaſe, and Barley, ſee next thou begin,
And ſow Wheat by that time the month is halfe in:
Let thy land be well fatted with good dung good ſtore,
One load doth more good now then twenty before.

i	f	Egedy abbot.	Sagit.	9		11	f
ii	g	Anthony.	Sagit.	14	First quar-	12	c
iii	a	Gregory.	Capr.	7	ter the 2. day,	13	d
iiii	b	Cuthbert na.	Capr.	21	a quarter af-	14	e
v	c	Bertine.	Aquar.	4	ter 2. in the	15	f
vi	d	Eugent.	Aquar.	16	morning.	16	g
vii	e	Enurcines.	Aquar.	29		17	a
viii	f	Nat. of Mar.	Pisces	11		18	b
ix	g	Gorgont.	Pisces	23	● Full moon	19	c
x	a	Silutus b. ſh.	Aries	5	the 9. day, half	20	d
xi	b	Mauritius.	Aries	17	an houre paſt	21	e
xii	c	Martillan.	Aries	28	4. in the after-	22	f
xiii	d	Sol in Libra.	Taur.	10	noone.	23	g
xiiii	e	Crux exalt.	Taur.	22		24	a
xv	f	Oct. Mar.	Gem.	4		25	b
xvi	g	Edithe virg.	Gem.	16	☽ Laſt quar-	26	c
xvii	a	Lambert bish.	Gem.	29	ter the 17. day	27	d
xviii	b	Ember weeke	Canc.	11	3 quarters af-	28	e
xix	c	January.	Canc.	24	ter 8. at night.	29	f
xx	d	Ma. T. Laſt	Leo	8		30	g
xxi	e	S. Matthew.	Leo	21		1	a
xxii	f	Mauritij.	Virgo	6		2	b
xxiii	g	Cecily virg.	Virgo	20		3	c
xxiiii	a	Andrew's c.	Libra.	5	● New moon	4	d
xxv	b	Firmine.	Libra	20	the 24. day, 3.	5	e
xxvi	c	Cipr. an.	Scorp.	5	quarters after	6	f
xxvii	d	Cosme & dam.	Scorp.	21	8. a clocke at	7	g
xxviii	e	Cuper.	Sagit.	4	night.	8	a
xxix	f	S. Michael.	Sagit.	14		9	b
xxx	g	Hieron. Pr.	Capr.	3		10	c

This moneth for thy ſowing is ſeaſon moſt fit
Of Wheate and of Rye too; if rayne doe not hit
Scoure ditches, the plumſet, peare, Aple and Nut
Let Trees now be plaſhed, and Hedges be cut.

i	a	Remigius.	Capꝛi.	17	☽ Firſt quar-	11	d
ii	b	Leodag. biſh.	Aquar.	0	ter the 1. day,	12	e
iii	c	Candid.	Aquar.	13	at 10. a clocke	13	f
iiii	d	Francis conf.	Aquar.	26	at noone.	14	g
v	e	Apoloni.	Piſces	8		15	a
vi	f	Fides virg.	Piſces	20		16	b
vii	g	Mar. & Mac.	Aries	1	● Full Moon	17	c
viii	a	Pelagi. Mar.	Aries	14	the 9 day, 3.	18	d
ix	b	Dearme beg	Aries	26	quarters af-	19	e
x	c	Gerſonis.	Taur.	7	ter 9 in the	20	f
xi	d	Nichaſii.	Taur.	19	morning.	21	g
xii	e	Wilfride. biſh	Gem.	1		22	a
xiii	f	Sol in Scorpio.	Gem.	13		23	b
xiiii	g	Calixt pape.	Gem.	25		24	c
xv	a	Uſtan biſh.	Canc.	7	☾ Laſt quar-	25	d
xvi	b	Galli.	Canc.	20	ter the 17 day	26	e
xvii	c	Etheldꝛed.	Leo	2	at high-noone.	27	f
xviii	d	S. Luke.	Leo	16		28	g
xix	e	Auſtrobart.	Virgo	0		29	a
xx	f	11000. Virg.	Virgo	14		30	b
xxi	g	Mary.	Virgo	28	● New moon	31	c
xxii	a	Roman biſh.	Libꝛa	13	the 24 day, at	1	d
xxiii	b	Wagloꝛy biſh	Libꝛa	28	6. in the moꝛ-	2	e
xxiiii	c	Criſpin.	Scoꝛp.	13	ning.	3	f
xxv	d	Euerilli pape	Scoꝛp.	28		4	g
xxvi	e	Florence.	Sagit	13		5	a
xxvii	f	Urſul. vir.	Sagit.	28	☽ Firſt quar-	6	b
xxviii	g	Sim. & Jude	Capꝛi.	12	ter the 31 day	7	c
xxix	a	Marcilli biſh.	Capꝛi.	26	a little after	8	d
xxx	b	Germane biſh	Aquar.	9	one in the	9	e
xxxi	c	Quintin.	Aquar.	22	moꝛning.	10	f

Fell downe all your Timber at wane of the Moone,
And fallow for Barley, for tis not too soone:
Cut Ashes to furnish your Harrow and Plough,
Hot ground will beare Wheat now and Rye well inough.

i	d	All Saints.	Pisces	5		11	g
ii	e	All Soules.	Pisces	17		12	a
iii	f	Amantius.	Aries	0		13	B
iiii	g	Lete excep.	Aries	11		14	c
v	a	Papists con.	Aries	23	● Full moone	15	d
vi	b	Willibrode.	Taur.	5	the 8. day, at	16	e
vii	c	4 Crowned.	Taur.	17	4. a clock in	17	f
viii	d	Theod. mar.	Taur.	28	the morning.	18	g
ix	e	Martin pa	Gem.	10		19	a
x	f	Martin bish.	Gem	22.		20	B
xi	g	Patern mar	Canc.	4		21	c
xii	a	Sol in Sagit.	Canc.	16		22	d
xiii	b	Bryce Bish.	Canc.	29	☾ Last quar-	23	e
xiiii	c	Erkenwald.	Leo	12	ter the 16. day	24	f
xv	d	Eugeni.	Leo	25	neere one in	25	g
xvi	e	Edmund dep.	Virgo	9	the morning.	26	a
xvii	f	Eugonius	Virgo	23		27	B
xviii	g	Oct. Martin.	Libra	7		28	c
xix	a	Elizabeth.	Libra	21		29	d
xx	b	Edmund kin.	Scorp.	7		30	e
xxi	c	Press. mary.	Scorp.	22	● New moon	1	f
xxii	d	Cicely virgin	Sagit.	7	the 21. day, a	2	g
xxiii	e	Clement.	Sagit.	21	quarter after	3	a
xxiiii	f		Capr.	6	4. in the after-	4	B
xxv	g	Katherine.	Capr.	20	noone.	5	c
xxvi	a	Linus pape.	Aquar.	4		6	d
xxvii	b	Agricola.	Aquar.	17		7	e
xxviii	c	Tearme ends	Pisces	0	☽ First quar-	8	f
xxix	d	Saturn. fast	Pisces	13	ter the 29 day	9	g
xxx	e	S. Andrew.	Pisces	26	a little past 6.	10	a
					at night.		

Cut twigs and ſuperfluous boughes from the tree,
Bruſh Hedges, more ſmooth at the ſpring for to be:
Set ſheaues and lime riſes the Fowles to entrap,
And cloath the cold naked, that cloathing doe lacke.

i	F	Aduent ſund.	Aries	8		11	B
ij	g	Liuant.	Aries	20		12	c
iij	a	Barbare.	Taur.	2		13	d
iiij	b	Osmond bish.	Taur.	14		14	e
v	c	Sabine abb.	Taur.	26	Full moone	15	f
vi	d	Nichol. bish.	Gem.	7	the 7. day, a	16	g
vij	e	Oct. Andrew.	Gem.	19	quarter after	17	a
viij	F	Con. of Ma.	Canc.	1	10. at night.	18	B
ix	g	Cyprian.	Canc	14		19	c
x	a	Eulalie.	Canc.	26		20	d
xi	b	Damaſct.	Leo	9		21	e
xij	c	Sol in Capric.	Leo	22		22	f
xiij	d	Ember weke.	Virgo	5	☾ Laſt quar-	23	g
xiiij	e	Nicaſie.	Virgo	19	ter the 15. day	24	a
xv	F	Valentian bish	Libra	3	neare a 11. at	25	B
xvi	g	O Sapientis	Libra	17	noone.	26	c
xvij	a	Lazar bish.	Scorp.	2		27	d
xviij	b	Gratian bish.	Scorp.	16		28	e
xix	c	Uenite.	Sagit.	1		29	f
xx	d	Iuli vir. fast	Sagit.	16		30	g
xxi	e	S. Thomas	Capr.	0	● New moon	31	a
xxij	F	30. Martyrs.	Capr.	14	the 22. day, at	1	B
xxiij	g	Victorie virg.	Capr.	28	4. in the morne	2	c
xxiiij	a	Candidi. fast	Aquar.	12		3	d
xxv	b	Christm. day	Aquar.	5		4	e
xxvi	c	S. Stephen.	Pisces	8	☽ Firſt quar-	5	f
xxvij	d	S. John.	Pisces	21	ter the 29. day	6	g
xxviij	e	Innocents.	Aries	3	3. quarters af-	7	a
xxix	F	Thc. Becket.	Aries	16	ter one in the	8	B
xxx	g	Jacob transl.	Aries	28	after noone.	9	c
xxxi	a	Siluest. pape	Taur.	10		10	d

Friend. 1622.

A Prognoſtication,

Wherin you may behold *the eſtate of this preſent Yeare.* 1622.

Being the Second from the LEAPE-YEARE.

By Gabriell Friend.

Pſalme 19. 2. 3.

One day telleth another, and one night certifieth an other.
But there is neither ſpeech nor language; yet their voices are heard among them.

Printed at London for the Company of Stationers.
1622.

A Deſcription of the foure Quarters *of this preſent yeare* 1622. *and alſo the diſpoſition of the* ſame.

And firſt of Winter.

The ☉ Sunne, in ♑ *Capricorne*, ♒ *Aquarius*, and ♓ *Piſces*.

Inſtead of flowers and graſſe ſo greene,
the earth hath got another hew:
Froſts, Snow, and durty dales are ſeene,
where pleaſant plants moſt fruitfull grew.
Childhood, cold Rhewme and phlegmaticke ſtate,
of Winters cold nature doth beſt relate.

WInter, the ſwoꝛne enemy to Summer, Bꝛother to old Age, the eater and deuourer of that which ſummer (like the Ante) hath pꝛouided. This froſt bitten churle winter, toke his beginning on the 12 day of December 1621 beeing Wedneſday, at the Hunnes entrance into the firſt minute of the mooueable ſigne

Capricorne, at which time the Sunne is at his greatest south declination from the Equinoctiall Line, for hee riseth south East, and setteth south west.
This quarter continueth with vs till the Sunne hath gotten the latest part of Pisces, making euen our Hyemall or Winter Solstice, and producing vnto vs the shortest day and longest night in the yeare.

This Winter season is by nature cold and moist, vnpleasant for the most part for trauellers, tedious to aged and sicke persons, &c. and will not much alter his accustomed nature, and according to the opinion of the learned, the more colder and dryer it is, the more wholsome it is, yet ouermuch cold killeth those trees that are planted in a warme region, especially such as are tender, but a warme and moyst Winter is vnwholesome, and a great enemy to health and husband men, but if snow fall in a reasonable quantity, it will both fatten the field and preserue and ripen the Corne.

Now the sap leaueth the branches of trees & hearbes and descendeth into the rootes, naturall heat is also driuen into the inward parts of mans body, & therfore the roots of plants and hearbes are most necessary in winter for phisicall vses.

The diseases most like to attend on this quarter will be many, proceeding of raw, Flegmaticke and vndigested blood, or superfluity of corrupt, rotten, and putrified Humors, coughes, cramps, goutes, stopping in the breast, windinesse, and ill digestion in the stomacke, Rhewmes, Hoarsenes, Cathars, Tooth-ach, quotidian Agues, and lasses of sundry sorts.

Wherefore for to preuent such griefes,
vse meats that's warme and dry:
Both head and feet see warme thou keepe,
eate much, drinke sparingly.

Of

Of the Spring.

The ☉ Sunne, in ♈ *Aries*, ♉ *Taurus*, and ♊ *Gemini*.

Moſt welcome is the fruitfull ſpring,
to creatures all that multiply:
Both birds and beaſts doe skip and ſing,
in flocking ſort abundantly.
In Sanguine men and youthfull yeares,
this ſeaſons nature beſt appeares.

THE Spring is well tearmed the Mother of health and daughter of plenty, being the moſt pleaſanteſt quarter in all the yeare, naturally inclined to heate and moyſture reſembling the ayre and youth of man, at this time the Sunne drawеth neere to the Zenith, making the day and night equall, for the Sunne riſeth at 6 a clocke in the morning, and ſetteth at ſixe at night.

Now doe the Eaſt winds blow, diſperſing the ſuperfluous humors, making the earth apt to bring forth all things for the good and comfort of man.

This quarter beginneth when the Sunne maketh his progreſſion from the lower part of the Zodiacke, through the 3 winter ſignes, and endeth at the Suns firſt touch in the ſigne Cancer.

This temperate quarter diſcouereth many diſeaſes

that haue lyen hid in the body before, and therefore it is more fit time to take aduice of the learned in Phisicall matters to preuent danger. These maladies chiefly are incident to this quarter, paines in the head, fluxes of blood, Impostumes in the stomacke, Inflamations in the liuer, skabs, Itchings, Biles, Swellings, Plurisies, Rottennesse, Fayntings, and whatsoeuer may spring of Choller & corrupt blood.

Fresh humors now abound man in,
to bleed and purge spare not thy wealth:
Let meates be pure, and meales but thin,
if thou regard thy future health.

Of Summer.

The ☉ Sunne in ♋ *Cancer*, ♌ *Leo*, ♍ *Virgo*.

Bright Soll hauing got his higheſt grade,
lookes downe on earth with hot aſpect:
Parching the ground and Corny blade,
ripning all things with good effect.
Fierce Chollericke men and middle age,
of Summers nature doth preſage.

THIS Summer quarter is well sayd to be the good nourisher both of man and beast, by prouiding and bringing forth of those things which are needfull for both. This Mistresse of the earth taketh

keth her beginning when the Sunne entreth into the firſt ſcruple of Cancer, making vnto vs the Summer ſolſtice, and hath his greateſt declination to the North from the Equinoctiall, making vnto vs the longeſt day and ſhorteſt night in the yeare, this quarter endeth at the Suns entrance into the firſt point of the ſigne ♎.

The diſpoſition of the ſeaſon is hot and dry, reſembling fire, naturall heat now leaueth the inward parts. and poſſeſſeth the outward, and therefore mans ſtomacke is now ſloweſt of digeſtion, therefore eate and drinke moderately, leaſt that you ſurfet and bring your ſelues into deſperate and dangerous diſeaſes, ſuch as theſe that follow; Hot burning feauers, giddines in the head, Laskes, Pluriſies, Iaundis, hot Impoſtumes, Inflamations of the liuer, ſcalding of the Urine, vomitings, head ach, purſe ach, which is like to breed the hart ach or conſuption, with other infirmities proceeding of hot and chollericke humors.

Mans ſtomacke now more weaker is,
then earſt it was before:
To gormundize it is not good,
take heed, twill make thee poore.
Crooked old age, humor, Melancholly,
doth Autumnes nature truely verify.

Autumne, Harueſt, or the fall of the *Leafe.*

The ☉ Sunne in ♎ *Libra*, ♏ *Scorpio*, and ♐ *Sagitary*.

For good husbands paine, harueſt yeilds gaine,
whatſoeuer now on earth doth grow:
Each tree, plant, ſhrub, all for mans good,
ſhewes them their duty God vnto.

AUtumne or Haruest that kind hearted Prodigall, that giues all away and leaues himselfe nothing, no not so much as a bare coate to put on his backe, to couer himselfe against the fury of that old frost bitten churle Winter. This mad shauer or barber of the yeare, taketh his beginning at the Suns entrance into the first scruple of the signe Libra, producing thereby a second Equinoctiall, cocquating and making euen the day and night of an equall length.

The season of this vnwholesome quarter, by nature is cold and dry, variable and inconstant, sometimes intemperately cold, as often in the nights, and at other times, as in the day very warme, heating and opening the pores, so that men are harmed thereby concerning their health, except they be very wary: wherefore this time of al other times in the yeare (as the Iudicious affirme) is dangerous for sickneſſe, and therefore great warines ought to be taken as well in the order of diet, as also in cloathing and exercise.

This quarter continueth with vs till the Sun hath passed through the three Autumnall signes at his entrance into the first scruple of Capricorne: now it is a fit time againe to take Phisicke, not onely such as feele diseases in their bodies to begin & grow, but also such as haue had long and old diseases, but you must take heed that you take not aduise of mountebanks, and such quack-saluing knaues, or women Doctors (vnskilfull) who kill more then they cure.

The face of the earth now loseth her beauty. Plants

and trées caſt their flowers, leaues & fruites. Fowles their feathers; beaſts betake themſelues to their dens; Serpents to their caues; flods are now at the higheſt; and ſpꝛings & fountaines at the loweſt.

The diſeaſes attending this ſickely ſeaſon are many and dangerous, and chiefely theſe, painfull coughes, obſtructions of the ſpléne, dꝛopſies, gouts, conſumptions, long lingring agues, ſtrangury, wind in the ſtomacke, lameneſs in the limmes, melancholly paſſions, fiſtulaes, fluxes of blood, cankers, botches, vnaccuſtomed feauers, and ſuch like.

Take heede therefore of cold raw fruit,
whoſe iuyce corruption breed:
This ſeaſon ſerueth fit againe,
to purge, to bathe, and bleed.

The riſing & ſetting of the Sun; the length of the day and night; the quarters of the *Moone*; *as alſo conuenient notes of Huſ*bandry for euery moneth in the Yeare.

Ianuary.

THe Sun riſeth at 8, and ſetteth at 4. the day is 8. houres, the night 16 houres.

The 15 day the Sun riſeth a quarter before 8 of the clocke, and ſetteth a quarter after 4 a clocke, the day is 8 houres and a halfe, the night 15 and a halfe.

The 24 day the Sun riſeth halfe an houre before 8, and ſetteth halfe an houre after 4 a clocke, the day is 9 houres, the night is 15 houres.

New moone the 1 day at 5 of the clocke at night.

Firſt quarter the 9 day at 3 quarters paſt 5 a clocke at night.

Full

Full moone the 17 day at 7 a clocke in the morning.
Last quarter the 23 day about ten a clocke at night.
New moone the 31 day halfe an houre after 9 a clock in the morning.

That Timber that you would not haue to chinke or riue, cut downe now: stub and rot your meddows and arable ground, and it will not growe againe: Digge your Gardens, remoue your Bees, vnwry the roots of your Fruit-bearing Trees, especially those that be aged and barren: Make ready your Plough tacklings, fallow your Land for Wheat and Rye: Riue vp your line ground for oates that they may be seasoned and mellow.

February.

The first day the Sun riseth a quarter after 7 a clock and setteth a quarter before 7, the day is 10 houres and a halfe, the night 13 and a halfe.

The 9 day the Sun riseth at 7 a clocke, and setteth at 5. the day is 10 houres, the night is 14 houres.

The 16 day the Sun riseth a quarter before 7, and setteth a quarter after 5.

The 24 day the Sun riseth halfe an houre before 7. and setteth halfe an houre after 5, the day is 11 houres, and the night 13 houres.

First quarter the 8 day 44 minutes after one of the clocke afternoone.

Full moone the 15 day neere 5 a clocke at night.

Last quarter the 22 day, and 48 minuts after 7 of the clocke in the morning.

Cut

Cut and prune your fruit trées, pull off the Mosse and other noysome outgrowings, lay your Quicksets, plant Roses: cut, lop, plash, and twist your hedges at the last quarter of the Moone: graft and set Trées, Slippes, Branches: and bare knots at the full of the Moone at night: Riue vp your layed Land, and sow Beanes, Peale, and Oates in dry ground, in the new of the Moone: but in watry and moyst ground, after the full Moone, or within foure daies after the same.

March.

The 4 day the Sunne riseth a quarter after 6 of the clocke, and setteth a quarter before 5, the day is 11. hou: and a halfe, the nigh 12 and a halfe.

The 11. day the Sunne riseth at 6, and setteth at 6. the day and night is equall.

The 18 day the Sunne riseth a quarter before 6 and setteth a quarter after 6, the day is 12 houres & a halfe, and the night 11 and a halfe.

New Moone the 2. day halfe an houre after 3. of the clocke in the morning.

First quarter the 10. day 36. minuts after 10. of the clocke in the morning.

Full Moone the 17. day neere 2. of the clocke in the morning.

Last quarter the 23 day neere 8 a clocke at night.

New Moone the 31 day after 8 at night.

Sow Beanes, Peale, Oates in the beginning: Graffe and plant fruit trées, and especially in the end of March. Set Gourds & Sage: couer the Rootes

vpon

of your trées that were bared in January, with kindly earth at the full of the Mœne, and firſt cleaue the Rootes and driue in wedges, and boze holes thozow the Trées, and ſtop the ſame againe with Pinnes: all which be meanes to make them beare the better.

Plough and labour your Barly land. Carry your Myddon to the field, and chiefly in the laſt quarter of the Mœne, then it will not dry away.

Aprill.

THe 2 day the Sunne riſeth a quarter after 5. of the clocke, and ſetteth a quarter before 7, the day is 13 houres & a halfe, the night 10 and a halfe.

The 11 day the Sunne riſeth at 5, and ſetteth at 7. the day is 14. houres, the night 10 houres.

The 19 day the Sun riſeth a quarter before 5, and ſetteth a quarter after 7, the day is 14 houres & a halfe, the night 9 and a halfe.

The 27. day the Sun riſeth halfe an houre before 5, and ſetteth halfe an houre after 7, the day is 15 houres, and the night 9 houres.

Firſt quarter the 8 day a quarter after 7 of the clocke at night.

Full Mœne the 15 day nére high-nœne.

Laſt quarter the 22 day, 38 minuts after 9 a clocke in the morning.

New Mœne the 30 day a little after one of the clock at nœne.

Sow Barly in ſtrong land, and in the ſouth of England ſow Hempe & Flaxe, and part of your garden ſéedes, as Gourds, Cucumbers, Mellons, and ſet your garden hearbs about the end of Aprill.

May.

May.

THe 7 day the Sun riſeth a quarter after 4 a clocke, and ſetteth a quarter before 8. the day is 15. houres and a halfe, the night 8 and a halfe.

The 18 day it riſeth at 4, and ſetteth at 8, the day is 16 houres, the night 8 houres.

Firſt quarter the 8 day 39 minuts after 3 a clocke in the morning.

Full Mone the 14 day about 7 at night.

Laſt quarter the 21. day halfe an houre after one of the clocke in the morning.

New Mone the 30 day nére 1. a clocke in the mor.

Sow barly in the beginning, ſpecially in Yorke-ſhire: ſet Gourds, Cucumbers, and Mellons: ſow Lékes, Onyons, Purſlaine, Coziander, Smalage, & Baſill: then ſtir your land, the firſt ſtirring for wheat & Rie.

Iune.

THe 8. day the Sunriſeth a quarter before 4 a clocke, and ſetteth a qtiarter after 8, the day is 16 houres & a halfe, the night 7 and a halfe.

The 14 day of this month the dayes be at the longeſt from which time vntill the 8 day of the next month they ſhorten halfe an houre.

Firſt quarter the 6 day 58 minuts after 10. a clocke in the morning.

Full Mone the 13. day 23 min: after 3. in the mor:

Laſt quarter the 20. day 3 quarters after 5. a clocke in the afternoone.

New

New moone the 28 day 46 mi: after 3 in the afternoone. Carry forth your Dung to cherish your Barraine Rie lands, bring home your fuel, set Leekes at the end of the moneth, and sow tender hearbe seeds, mow downe your low Meddowes lying neere the water sides.

Iuly.

THe 8 day the Sun riseth at 4 a clocke, and setteth at 8 the day is 16 houres, the night 8.

The 19 day it riseth a quarter after 4, and setteth a quarter before 8, the day is 15 houres and a halfe, the night 8 and a halfe.

The 28 day it riseth halfe an houre after 4, and setteth halfe an houre after 7, the day is 15 houres, the night 9.

First quarter the 5 day at 3 a clocke afternoone.

Full moone the 12 day 50 min: past 1. in the afternoon.

Last quarter the 20 day at a 11 a clocke neere noone.

New moone the 28 day neere 2 a clocke in the mor:

Cut downe your high Meddowes, & much of your other Grounds, the continuance of faire weather is doubtfull: follow the old Prouerbe, Make Hay while Sunne shineth: make emplaistration for Rootes, lay naked knots in Fruit trees: and about the end, put sickle into part of your hard Corne.

August.

THe 6 day the Sun riseth a quarter before 5 a clocke, and setteth a quarter after 7, the day is 14 hours and a halfe, the night 9 and a halfe.

The 14 day the Sun riseth at 5, and setteth at 7, the day is 14 houres, and the night 10.

The 22 day the Sun riseth a quarter after 5, and setteth a quarter before 7, the day is 13 houres & a halfe, and the night 10 and a halfe.

The

The 30 day it riſeth halfe an houre after 5, and ſetteth halfe an houre after 6, the day is 13 houres, and the night 11. houres.

Firſt quarter the 3 day, 58 min: paſt 7 at night.
Full moone the 11 day, 4 min: paſt 2 in the morning.
Laſt quarter the 19 day, 20 min: paſt 4 in the mor:
Newe moone the 26 day neare high noone.

Now is the fitteſt time to pull & gather your ſummer fruits, reape downe your Rye & Wheat, and get it into your Barnes, and about the end of the moneth downe with your oates, and be ſtirring for Wheat & Rye.

September.

THe Sunne riſeth a quarter before 6, and ſetteth a quarter after 6, the day is 12 houres and a halfe, the night 11. and a halfe.

The 13. day it riſeth at 6, and ſetteth at 6, the day and night equall in length.

The 22 day it riſeth a quarter after 6, and ſetteth a quartet before 6, the day is 11. houres and a halfe, and the night 12 and a halfe.

The 29 day it riſeth halfe an houre after 6, and ſetteth halfe an houre before 6, the day is 11. houres, and the night 13.

Firſt quarter the 2 day a quarter paſt 2 in the mor:
Full moone the 9 day, 48 min: after 4 at night.
Laſt quarter the 17 day neere 9 a clocke at night.
Newe moone the 24 day neere 9 a clocke at night.

Reape your Barley, gather your Beanes & Peaſe: and about the midſt of this Moneth ſow Wheat and Rie in ſtrong Land, carry your compaſſe for Wheat and Rie: for one loade now, is worth any other Three before this moneth.

October

October.

The 7. day the Sun riseth a quarter of an houre be-
fore 7 of the clocke, and setteth a quarter after 5, the
day is 10 houres & a halfe, the night 13 & a halfe.

The 14 day it riseth at 7. and setteth at 5. the day is
10 houres, the night 14 houres.

The 21. day it riseth a quarter after 7, and setteth a
quarter before 5, the day is 9. houres and a halfe, the
night 14 hou: and a halfe. The 29 day the Sun riseth
halfe an houre past 7, and setteth halfe an hou: before
5, the day is 9 houres, and the night 15. houres.

First quarter the 15 day at a 11 a clock at noone.

Full moone the 9 day 3. quarter after 9. in the moz:

Last quarter the 17 day at high noone.

New moone the 24 day, 12 min: past 6 in the mozning.

First quarter the 31 day, a quarter past 1. in the moz.

Sowe Wheate and Rie in the beginniug, scowze
Ditches and Ponds, set Plum, Peare, and Apple
and Walnut trées, remoue trées, set Nut trées, plash
hedges and Trées.

Nouember.

The 8 day the Sunne riseth a quarter of an houre be-
fore 8 of the clocke, and setteth a quarter after 4 of
the clocke.

The 12 day the Sunne riseth at 8 of the clocke, and
setteth at 4: the day is 8 houres, the night 16.

Full Moone the 8 day a little after 4 of the clocke in
the mozning.

Last quarter the 15 day neere one of the clocke in the
mozning.

New moone the 22 day, 27 min: after 4 of the clocke
in the afternoone.

First quarter the 29 day, 23 min: after 6 a clocke at
night.

It is good to sow wheat & Rie in the begining of the
moe

the [illegible] in dry ground: set and remoue Peare trees, Pl[illegible] & Apple trees, namely, into warme dry ground. Cut downe your Timberwood in the wane of [illegible] Moone, and especially your Ashwood for all your [illegible]langd geares: and Fallow your land for Barly.

December.

The 8 day the Sun riseth a quarter of an houre after 8 a clocke, and setteth a quarter past 4 a clocke, the day is 8 hou. & a halfe, the night 15 houres & a halfe.

The 12 day it riseth at 8. of the clocke, and setteth at 4 a clocke, the day is 8 houres, the night 16 houres.

Full moone the 7 day a quarter after 10 of the clocke at night.

Last quarter the 15. day neere a 11. of the clocke at noone.

New moone the 22. day at 4. of the clocke in the morning.

First quarter the 29. day 53 min: after 1 of the clocke afternoone.

Cut downe Timber-wood to build, or for other like purposes: Cut and brush hedges and superfluous branches. Take Birdes and Fowle with Nets and Lime-twigges, and fallow your Land for Barley: downe with your fat Beeues and Sheepe, to relieue and welcome your poore Neighbours.

Neque is qui plantat, neque is qui rigat, sed Deus qui dat Incrementum.

Some speciall Notes to be obserued to iudge of Diseases to come by the Constitution of the *Ayre, and nature of the winds and weather in euery* of the Foure principall seasons of the yeare.

IF the Winter be dry and full of North wind, the Spring rainy and full of South winds, in the Summer season will happen sharpe Feauers & Opthalmies with discentery fluxes, especially to women, and to those men which haue by nature moist bodies. But contrariwise if in the winter south winds be most rife, and that season be rainy & warme, and the spring time which succeedeth be dry and full of North winds, then women which are child-bearing shall vpon euery light occasion be in danger of vntimely deliuerance; or if they goe out their due time, yet their Children will bee so weake & sickly, that either they dye quickly or else liue a weake and feeble life; and vnto old folkes will happen Rhumes, Cathars, and other fluxes which will annoy them very much.

If the Summer be dry and the north winds be most rife, and the Autumne which succeedeth be rainy, & the south winds bee common in it, then may you looke for grieuous paines in the head towards Winter, with Coughes, Rhumes, toth-ache, and hoarsenesse, and in some Consumptions.

When the Haruest season is dry and full of North wind, then shall men and women which bee of a moyst complexion, bee in best estate of health: but contrary, men of other complexion and nature shall be vexed with diuers dry diseases, and with Feauers sharpe & long and other Melancholly passions & griefes.

More-

Moreouer Hypocrates noteth, that among the diuers temperatures of the Ayre, droughts bee alwayes more healthfull then continuall showers, and few dye through them.

Now, for the continuance or multitude of showers are caused these diuers diseases following, long lasting feauers, Laskes, Putrifaction of humors, Epilepsies, Apoplexies, and Squinances, and such like.

And for the through much drought, and want of sweet and necessary showers there hapneth too many pining and Consumption malladies, with aches of the Joynts, paines in the bowels and hardnesse of making of water.

Daily and often winds blowing from the North, doth make mens bodies hardy and strong, also lively and quicke, well coloured, and causeth the hearing to bee quicke, but they dry the belly, and if the breast bee often grieued before those windes they make the payne the greater. Contrariwise, the tempests and winds which come from the South, doe relaxe and moysten mens bodies, but doe dull the hearing, dispose the head to bee heauy, makes the eyes to dazell, and the whole body to bee slow and vnlusty, they ouer moysten many bodies, and are the causes of Laskes, and Fluxes, Crampes, Falling sickenesse, Pestilence, and crueell Feauers.

The West Wind also breedeth in moyst bodyes Phlegme, corrupt feauers, Anginæ, and the like.

Moreouer it maketh dull, procureth sleepe, and also forceth humors, and it is good for all growing things, as Grasse, Corne, Hearbes, Trees, and such like.

¶ Short necessary Rules to be obserued to let *Blood, to purge, to bathe, or sweat.*

YOu must be very carefull that you let not blood except vrgent occasion, which is to bee knowen by the counsell of the learned, the age of the person ought also to be regarded for from very yong or old persons, blood ought not in any case to be taken.

The time of the yeare fittest for this purpose, is from the midst of the spring, to the beginning of the summer quarter: Haruest is also indifferent the season being temperate, and for complexion, let the Cholericke blood when the moone is in Cancer, Scorpio, Pisces, in any place except the breast, members or feete.

For the Phlegmaticke, the moone in Aries, or Sagittarius, in any place except the head & thighes.

For the Melancholy the moone in Libra or Aquarius, in any place, the buttocks & legs excepted.

For the Sanguine complexion, let blood in any of these former signes, prouided it be done by the aduise of the learned.

To let blood in the extreame heat of Summer or extreame cold of Winter is dangerous, vnlesse the patient be taken with Pluriſie, Pestilence, Frenzy, Squinancy, Apoplexy, or the like extreame diseases.

After blood letting, abstaine from sleepe & food for the space of 6 houres, also from all violent exercises of the body for 4 daies after, and vsing meates of a light digestion.

For Purging.

IT is very good to purge when the moone is in Cancer, Scorpio, or Pisces, and indifferently vpon extreamity in Gemini, Libra, or Aquarius.

Purge not at all when the Moone is in any of these signes, ♈. ♉. or ♍.

For

For Bathing.

THe fittest times in the yeare to enter Baths is from the beginning of May vnto the end of September.

When the Moone is in any of these signes, Aries, Leo, or Sagittarius, two or three dayes after the change of the moone, or at full.

Let the Sunne be of a good height when you enter into the Bath, for then the misty and other infections are drawne vp from the earth.

If you will bathe for cleanlinesse, let the moone haue her course in Libra, or Pisces.

Bathe not when the moone is in these cold signes, Taurus, Virgo, or Capricorne.

For Sweating.

WHen you would sweat, let the Moone be in these signes, Aries, Leo, Sagittarius, Cancer, Scorpio, Pisces. Note further it is better to sweat in the Euening then in the Morning.

To know what your daily Expences come to *in the Yeare, readily without a Table.*

SUppose you spend sixe pence a day, and would know what it commeth vnto in the whole yeare; Say thus, Sixe pence the day, is sixe Pounds, sixe halfe pounds, and sixe Groats, which being set al together maketh Nyne Pounds, Two Shillings. Againe, seuen pence the day, is seauen pounds, seauen halfe pounds, and seauen Groats, which being set together, amounteth in the whole yeare, to Ten Pounds, Twelue Shillings and Foure Pence, and thus may you doe the like of any other Summes.

Times prohibited for Mariage.

After Aduent ſunday
After Septuageſima.
Three daies before the Aſcenſion.

vntill

8. daies after the Epiphanie.
8. daies after Eaſter day.
Trinity Sunday.

Ember Faſting dayes.

The Wedneſday, Fryday, & Saterday after

Quadrageſima.
Whitſunday.
Holy Croſſe ſep.
14. S.t Lucies day, Decemb. 13.

Note if Holy Croſſe, or St. Lucies day fall on Wedneſday, then take Wedneſday after.

The Characters of the 12. Signes.

♈	Aries.	♌	Leo.	♐	Sagittarius.
♉	Taurus.	♍	Virgo.	♑	Capricornus.
♊	Gemini.	♎	Libra.	♒	Aquarius.
♋	Cancer.	♏	Scorpio.	♓	Piſces.

The 7. Planets.

♄ Saturne.
♃ Iupiter.
♂ Mars.
☉ Sol.
♀ Venus.
☿ Mercurie.
☽ Luna.

Figures of Arithmeticke.

1	2	3	4	5	6
One.	Two.	Three.	Foure.	Fiue.	Sixe
7	8	9	10	11	
Seauen.	Eight.	Nine.	Ten.	Eleauen.	
12	13	14	15		
Twelue.	Thirteene.	Fourteene.	Fiftene.		
16	17	18	19		
Sixteene	Seauenteene	Eightene	Nyneteene		
Twenty.					

Of the Longitude and Latitude of *England.*

Thus much in myles whole England containes 34866.
Thus much in myles will reach about it round—1890.
Her length from Lizard point, to Barwicke straits-334.
Twixt Dover & Holy-head her breadth is found—250.
Amongst Gods blessings England thus doth stand,
Lord blesse her King, and people with thy hand.

A Table to know how far each Planet is different *from the Earth.*

From	The earth to the Mone is	63000	Myles
	The Mone to Mercury is	51248	
	Mercury to Venus is	51248	
	Venus to the Sunne is	95750	
	The Sunne to Mars is	62900	
	Mars to Iupiter is	314884	
	Iupiter to Saturne is	314884	
	Saturne to the starry sky	1433854	

A briefe Computation of time compleat, within *this present Yeare.* 1622.

	Yeares.
From the Creation of the World vntill this present are contained of yeares	5653
From the Creation vntill this generall deluge	1666
From the Creation of the world vntill Christ	3972
Since Noahs floud	3997
Since the birth of Abraham	3944
Since the Israelites departed out of Ægypt	3140
Since the destruction of Troy	2806
Since brute entred this Iland	2729

since

Since the Temple was built by Salomon —— 2660
Since Yorke was buil: —— 2588
Since the Captiuity of Babylon —— 1229
Since the death of Alexander the Great —— 1945
Since Iulius Cæſar ſlaine with Bodkins —— 1671
Since the laſt deſtruction of Ieruſalem —— 1539
Since England firſt receiued the Chriſtian faith 1442
Since Ebrichus the firſt Monarch of England — 820
Since the Conqueſt of England by Du. William — 556
Since the Art of Printing was inuented —— 162
Since the Conqueſt of Bulloyne by Henry 8. —— 78
Since the contagious or great ſweate —— 72
Since the burning of Pauls ſteeple —— 61
Since the Earles rebellion in the North —— 53
Since the blazing ſtar and ſharpe winter —— 50
Since the whole Heauens ſeemed to burne with Fire, Nouemb. 15. —— 48
Since the deepe ſnow and great flouds —— 43
Since the generall Earthquake, Aprill 6. —— 42
Since Tilbury Campe —— 34
Since K. Iames began his Raigne, compleat in Mar. 24. is 19 yeares, but current 20. yeares.

Let Vertue ſpring, and Vice decay,
and God will turne his wrath away:
Repent thy ſinne and do no more,
then Corne and Cattell thou ſhalt haue ſtore.
Lay pride aſide and belly cheere,
God ſend vs all a happy yeare.

Deo Gloria.

FINIS.